

Abstract

In general, the part of the papaya tree that is used by the community are merely its fruit and leaves, while the skin is not used, in most cases the papaya skin gets thrown away and used as animal feed, this situation causes the accumulation of papaya skin waste which is simply ignored. Please note that papaya peels contain Vitamin A, Vitamin B Complex, Vitamin E, Calcium and Papain Enzymes which are very useful for health. Papain enzyme is an enzyme that can help if a person has digestive problems. Constipation is a digestive disorder characterized by difficulty or decreased frequency of bowel movements, a frequency of less than 3 times a week. Therefore, papaya peel can be used as an alternative to process food in the form of flour that is added to the cheese sticks, the economic value will increase. This research was conducted using experimental methods and tested consumer acceptance by organoleptic to several panelists by distributing questionnaires to 30 panelists. The results of the research conducted showed that the appropriate recipe formulations for cheese stick with papaya peel flour were 150 gr of papaya skin flour, 140 gr of sago flour, and other ingredients. From the organoleptic test, it was concluded that this product quite accepted by consumers with an average positive rating of 58%.

Key words : Papaya peel waste flour, cheese stick, constipation